



Nov 4, 1944

# DEPARTMENT OF THE INTERIOR

## INFORMATION SERVICE

### FISH AND WILDLIFE SERVICE

For Release Upon Receipt

Variety is as essential in food as in life, and easily prepared seafood salads meet requirements of housewives who are accustomed to consider carefully these four elements in meal planning--nutrition, palatability, appearance and cost.

The salad is no longer considered as a supernumerary to an already too bounteous meal, but rather as a component and nourishing part of the menu in which it appears. In fact, a seafood salad may well serve as the main dish for many luncheons and suppers.

Since salads are made of almost anything and everything that is edible, there is practically no limit to the variety of ingredients which they may contain. For this reason they may be made from the odds and ends left over from previous meals--something no thrifty housewife can afford to overlook.

During the period from October 30 to November 18, the Fish and Wildlife Service is cooperating with the War Food Administration in asking the public to eat fish more often. With rosefish fillets, lake herring, whitefish and blue pike among the varieties now in particular abundance in midwestern markets, fish cookery experts of the Fish and Wildlife Service suggest the following salad, made from left-over fish flakes:

#### Jellied Fish Salad

2 cups fish flakes	1/4 cup minced celery
1 tablespoon gelatin	1 teaspoon minced onion
1/2 cup cold water	1/4 cup vinegar
2 eggs	1/4 cup water
3/4 teaspoon salt	

Chop the fish finely. Soften the gelatin in the cold water. Beat the eggs, add the salt, celery, onion, vinegar, and water, and cook over boiling water until thickened. Add the softened gelatin and stir until it has dissolved; then add the fish. Pour into dampened molds, let stand in a cold place until firmly set, turn out on crisp lettuce, and serve with mayonnaise.

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